

## Summer Luncheons in a jiffy

Let Libby's splendid chefs relieve you of hot-weather cooking. Stock the pantry shelf with Libby's Sliced Dried Beef and the other good summer meats—including Libby's Vienna Sausage—you'll find them fresh and appetizing.



## BE KINDER TO YOURSELF

Women Are Often Victims of Nervousness Because They Don't Know How to Relax.

One of the important things to know in life, especially if you are a woman, is how to let yourself alone, writes Mary Carolyn Davies in the Mother's Magazine. The ability to relax, the art of being judiciously lazy, the tact to let herself alone has saved many a woman from a nervous breakdown. We all know the housewife who nags herself into such a state of conscientiousness that she cannot rest. If she lies down she is continually worrying herself with thoughts of the work that she is neglecting.

Much of the blame for this state of affairs lies at the doors of the mothers. The mistake is in their training of their children, especially their daughters. They are taught from earliest infancy to be kind to others, to bear with them, to forgive them, to help them; but from birth to death no one ever tells them to be kind, also, to themselves.

The woman who nags herself can make herself more miserable than anyone else possibly could. She can make her life more of a nightmare than any misfortune could possibly make it. If such women could learn to be kinder to themselves there is no doubt that their own lives would be lengthened; and not only that, but the lives of those with whom they come in close contact would be made far more pleasant.

Life in London.

## Horticultural Advice



### START OF BLACKBERRY PATCH

Average Yield of 2,300 Quarts to Acre Can Be Expected, According to Government Estimate.

A recent government publication states that under good management an average yield of 2,300 quarts of blackberries to the acre can be expected. Where the soil is deep and rich and the best moisture conditions are found this may be increased to 5,000 quarts. The last federal census showed that approximately 50,000 acres were devoted to blackberry plantations in the country.

In selecting a site for a blackberry plantation the most important considerations are the moisture of the soil and the accessibility of a market. The blackberry is a tender fruit, the keeping qualities of which are seriously affected by jarring over rough roads. It is, moreover, essential that the berries should be placed on the market as quickly as possible after they are picked if they are to command a good price. The best land is a deep, fine, sandy loam with a large supply of humus and abundant moisture at the ripening season.

The earlier the plants are set the larger the proportion that will live and the better their growth. The roots should be set deeply, for the canes break easily if the crowns project above the surface of the ground. The tops should be cut back to six inches or so in length. As cultivation is necessary the plants are set sufficiently far apart to permit of it.

### MAKING GRAPE-VINE TRELLIS

No Better Support Than Side of House or Any Other Building—Stout Stake Will Suffice.

Many people think they cannot plant grape vines because they have no trellis ready or other support. To such people I will say that there is no better support than the side of a house or the side of any other building, says a writer in Green's Fruit Grower. But if the building sites are occupied, all

## UGH! CALOMEL MAKES YOU SICK! CLEAN LIVER AND BOWELS MY WAY

Just Once! Try "Dodson's Liver Tone" When Bilious, Constipated, Headachy—Don't Lose a Day's Work.

Liven up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work. Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick. Dodson's Liver Tone is real liver medicine. You'll know it next morning, because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and cannot salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.

They Always Look It. Biggs—There goes Stonyfellows, the multimillionaire. He's a self-made man. Mrs. Biggs—Well, anyone can see at a glance that he isn't tailor-made.

Hopeless. Maud—I said to Jack that I wasn't going to return his ring until I got one from another man. Ethel—He told me he never expected to get it back.

Best for Horses. Give your horses good care and you will be doubly repaid by the better work they will do. For sores, galls and other external troubles apply Hanford's Balsam of Myrrh. Ranchmen, lumbermen and livermen recommend it. Adv.

Keeping Up Appearances. "What's the use of buying a fly swatter?" growled Mr. Cobbles. "A folded newspaper does well enough."

"Do you think I'm going to swat flies with a folded newspaper when there are visitors here, Henry Cobbles?" asked Mrs. Cobbles. "I should say not!"

For poison ivy use Hanford's Balsam. Adv.

Raw Material. "Did you hear about Scribbler?" The police caught him walking out of a hotel writing room with about ten dollars' worth of the hotel stationery under his coat.

"What did he have to say for himself?"

What She Expected. "Look at her," said the ironmonger, indicating a departing customer. "She sent her wringer here to be repaired. I promised it to her for this week, provided I could get a certain new part in time from the maker's. I couldn't get it. Now she wants me to pay a charwoman, who came unnecessarily, half a crown and twopenny for the clothes."

The ironmonger paused to breathe heavily.

"But that's not all. Her husband dines out on washdays, and as he dined out on a washday that wasn't a washday—you understand?—she says I ought to pay for his dinner. No, she doesn't ask anything else. And they call 'em the weaker sex."—London Tit-Bits.

Twenty Cents Out. "I made an awful break yesterday," said the fellow who is known as a tightwad.

"That is unusual for you. How did it happen?" asked the man in whom he was about to confide.

"I met Lulu in front of an ice cream parlor, and I told her that her lips were like strawberries. She said the only way to prove it was by making the comparison, so I had to blow her to a strawberry sundae."

### To Drive Out Malaria

And Build Up The System Take the Old Standard GROVE'S TASTELESS chill TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents. Adv.

A Greater Surprise. "Where are you goin', ma?" asked the youngest of five children.

"I'm going to a surprise party, my dear," answered the mother.

"Are we all goin', too?"

"No, dear; you weren't invited."

After a few moments' deep thought: "Say, ma, then don't you think they'd be lots more surprised if you did take us all?"

Revised.

"Is the futurist music you're playing?" inquired hubby as his wife pumped the planola.

"No, dear; it's 'Home, Sweet Home,' but I think Bobby has been using it as a target for his air rifle."

Explained.

Pattence—Why do they call a boat "she," do you suppose?

Patrice—Because it has such good lines, probably.

## THOUGHT SHE COULD NOT LIVE

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Unionville, Mo.—"I suffered from a female trouble and I got so weak that I could hardly walk across the floor without holding on to something. I had nervous spells and my fingers would cramp and my face would draw, and I could not speak, nor sleep to do any good, had no appetite, and everyone thought I would not live."



Some one advised me to take Lydia E. Pinkham's Vegetable Compound. I had taken so much medicine and my doctor said he could do me no good so I told my husband he might get me a bottle and I would try it. By the time I had taken it I felt better. I continued its use, and now I am well and strong.

"I have always recommended your medicine ever since I was so wonderfully benefitted by it and I hope this letter will be the means of saving some other poor woman from suffering."—Mrs. MARTHA SEAVEY, Box 1144, Unionville, Missouri.

The makers of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as that above—they tell the truth, else they could not have been obtained for love or money. This medicine is no stranger—it has stood the test for years.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

## ONE MILLION BOXES FREE

To prove the curative value of our Iron and Alum Mass we will, during the next thirty days, mail to ONE MILLION persons each, one full 50 cent box of our IRON and ALUM MASS free. It has had the approval of the Medical profession and the public for over fifty years in the treatment of Indigestion, Diseases of the Kidneys and Bladder, Rheumatism and Gout, Catarrh of the Stomach and Intestines, Skin Diseases, Nervous and General Debility. Send ten cents to pay for packing and postage. Address FIDMONT-REDFORD SPRINGS CO., BOX 231, LYNCHBURG, VA.

## Children Cry for Fletcher's